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Tuesday, November 1, 1930

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Housekeepers' Chat

NOT FOR PUBLICATION

Subject: "Tempers and Food." Approved by Bureau of Home Economics, U.S.D.A.

Bulletins available: "School Lunches," "Home Storage of Vegetables," and "Aunt Sammy's Radio Recipes."

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Have you ever visited in a home where tempers and food are combined? Tragic, isn't it? Makes everybody feel uncomfortable. Most people are on their good behavior when visitors are present, but sometimes quarreling becomes such a habit that no meal is entirely free from it. I want to read you a little homily this morning, on the subject of "Tempers and Food":

"The best cherry pie in the world, the prettiest china, and the most attractive dining-room count very little in making a meal a success if it is accompanied by family quarrels. Parents who fall into the habit of giving way to strained nerves by unpleasantness and bickering at meals, usually are not aware of the far-reaching and harmful effect this has on their children.

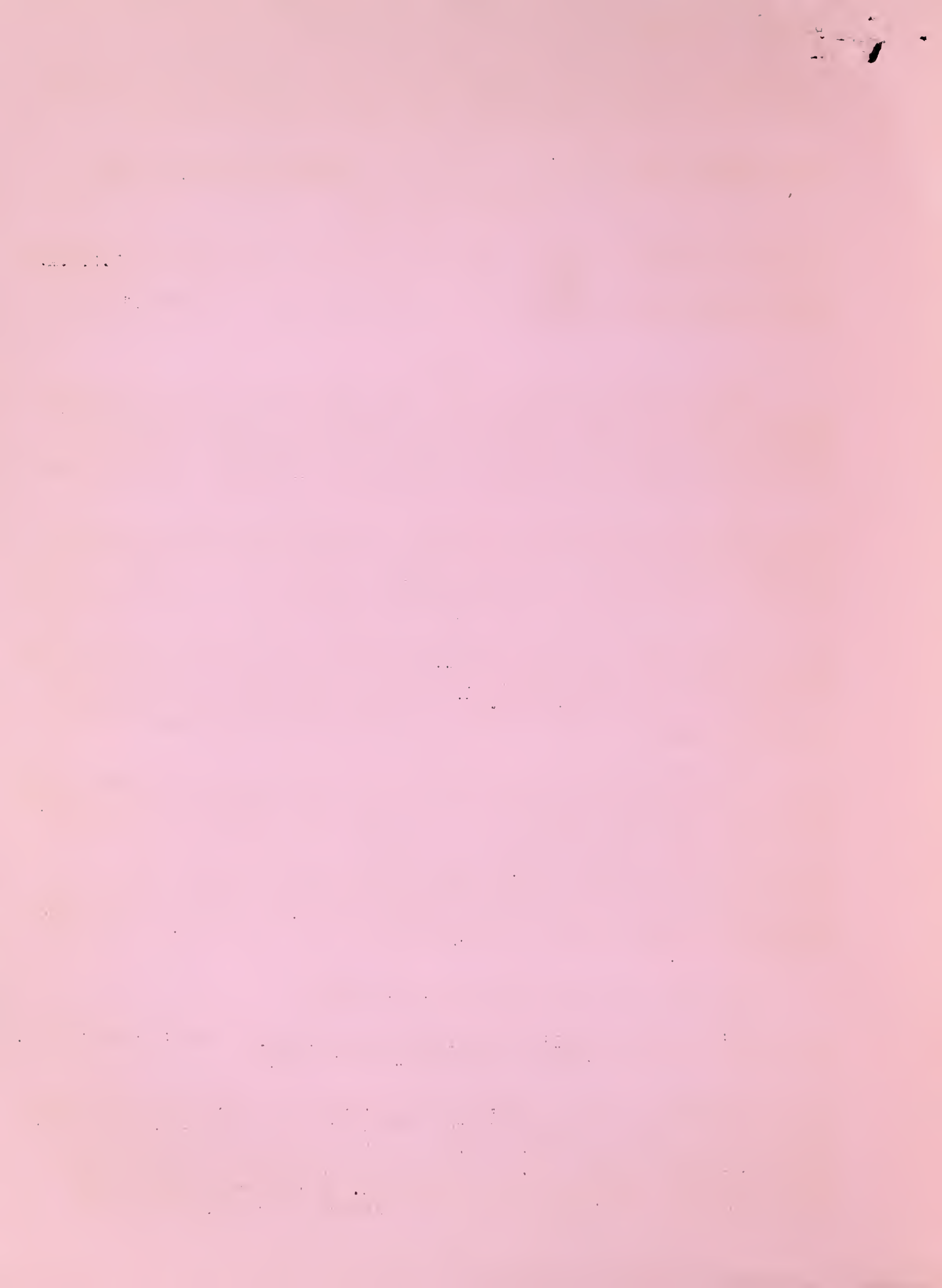
"Meals should be pleasant social functions, not battlegrounds. Father may feel relieved, temporarily, if he takes out on mother at dinner what he feels toward a business associate. Mother may think that she is justified in making a cutting remark in return. Neither realize how disastrous the effect may prove.

"Take advantage of meals as chances to knit the family together. Don't spoil the happiness and therefore the appetite and digestion of the children, and do not cause them distress. The child who must sit by, day after day, to see and hear his parents quarrel is robbed of a sense of security that can be had only when harmony exists. His natural faith in the two great authorities in his world is badly shaken when he sees them quarreling; and the confusion this produces may be decidedly harmful. For the health, happiness, and future success of children, parents will do well never to combine tempers and food."

Now, don't you think that was worth reading?

Here's another item I've been saving to read you. It won't take long — You can be getting your pencils and paper while I read.

"A regular place for wraps, over-shoes, school books, and lunch boxes will work wonders in homes where there are children of school age. The last-minute hunt for wraps, rubbers, caps, and over-shoes is a daily cause of temper and worry in many homes. This source of trouble can be removed by having a place for each article for each child. A clothes closet on the first floor may be provided with plenty of hangers for coats, placed low





enough for the children to reach; shelves of the right size for over-shoes and hats; and drawers with partitions for gloves or mittens. Snap clothespins, marked with the child's name, keep pairs of rubbers together.

If there is a radiator in the closet, damp clothes may be hung on their regular hangers to dry. Linoleum on the floor makes it easy to keep the place clean. When the children are taught the habit of going directly to the wardrobe when they come into the house, and putting each article of clothing in its proper place, time and tempers will no longer be lost in searching for mislaid articles. Shelves for school books, and a definite place in the kitchen where each child can leave his lunch box at night and find it packed in the morning, also help."

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Which brings us to the subject of school lunches. Not that I have anything special to say on the subject, but since we are brought to it, perhaps I should mention the bulletin on "School Lunches." If you have lunches to pack at home, or if you help prepare hot lunches at school, you will find this bulletin a help.

And while we are on the subject of bulletins, I really should say something about the one on "Home Storage of Vegetables." If you want information on storing cabbage, turnips, celery, onions, potatoes, pumpkins, apples, and so forth, send for this bulletin.

Already, I am getting lots of requests for a fruit cake recipe. Do you know that there is a good recipe in the Radio Cookbook? The radio fruit cake is a dark fruit cake, made with spices. You could, of course, make a lighter-colored cake by simply omitting the spices.

By the way, I forgot to give you the recipe for Brown Betty the other day. Do you remember that it was included in one of the menus? The recipe is not in the Radio Cookbook, as someone notified me.

Well, here it is, ready to be written in your special notebooks. Six ingredients, for Brown Betty:

3 pints of apples, cut in very small pieces, or dice  
 4-1/2 cups bread crumbs (toasted until crisp and light brown)  
 1-1/2 cups sugar  
 3/4 teaspoon ground cinnamon or nutmeg  
 3 tablespoons melted butter, and 1/4 teaspoon salt.

Six ingredients, for Brown Betty: (Repeat).

Select tart, well-flavored cooking apples. Peel them, and cut into very small pieces, or dice. Break the bread into small pieces. Dry it out in the oven, until it is crisp, and delicately browned. Butter a medium-sized baking dish. Place in it a layer of bread crumbs, then a layer of apples. Add some of the spice, sugar, and salt. Repeat until all the ingredients are used. Save enough of the crumbs for the top. Pour the butter over the crumbs. Cover and cook until the apples are soft. Serve hot, with plain or whipped cream, or with hard sauce.

Tomorrow: "Suits for the Small Boy."

